

Doula the Doula

2 - hour midweek playshops
for banishing burnout
& engaging your oxytocin response

Let's gather together and give ourselves
a couple of hours each week to rest
in practices of the heart,
experiences of renewal, healing & empowerment.

Each week we will participate in some form of
meditation, energy balancing, & hands-on
activities of renewal.

All oxytocin promoting, these practices banish
stress & cultivate experiences of wholeness,
peace & well-being.

A new mix of practices each week

Breathwork for release, peace & empowerment
Meditations of coherence, heart & unity
Energy grounding, centering & flowing

Working with emotions, yours & theirs
The energy of boundaries

Energy-assisted massage, self & partnered

Sound healing, toning, chanting, singing
Movement that facilitates embodiment
Empowerment, self-love & liberation vocabulary,
the magic of intentional words

Alignments for accessing deep intuition

Playshops are offered as a 4-week series,
details online www.TheByrdApproach.com

Over

Facilitator

My name is Cherie Byrd, and I am a holistic
energy therapist, healer, birth doula, author,
speaker, and trainer. I graduated 1978 from
Antioch U, a BA in Holistic Health &
Alternative Healing Modalities, and then an
MA in East/West Psychology. I am a graduate
of en Circle Birth Doula training.

I'm a big fan of Ina May Gaskin and have been
honored to doula several home and hospital births
from her Spiritual Midwifery frame. I have also
always enjoyed oxytocin's resonance for myself &
clients. I cultivate practices that dispel fear, pull
us deeply into our resources, develop connection,
invite the ecstatic, & ignite the luminous.

I have taught stress management, healing & high
level wellness workshops for over 3 decades. My
soul is calling me now to bring my tools of heart &
healing more fully into the birth community & I
am delighted to do so.

With my emphasis on cultivating connections of
body, heart and soul, I have been internationally
recognized for my Kissing School Playshops. I am
delighted to now offer a Kissing School playshop
created especially for conceiving and expectant
couples~ oxytocin training at it's best.

The author of "Kissing School , 7 Lessons on
Love, Lips, and Life Force" , I've been profiled in
print, screen, audio and internet media around
the world. Further info @ KissingSchool.com

Doula the Doula

Register online~ www.TheByrdApproach.com
or by mail to: Cherie, Byrd

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Further info & dates: Website, 206.324.2526, or
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